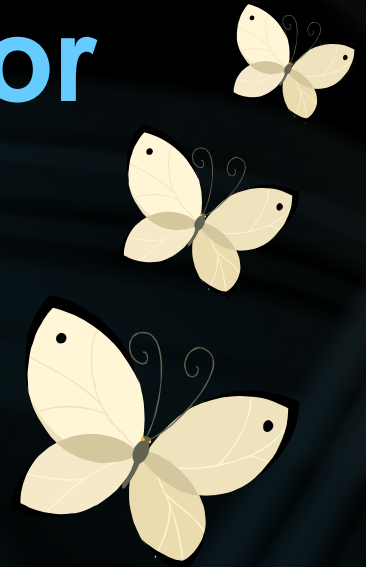


Caring for the Mind: Tools & Resources for Mental Health



Lydia N. Collins, MLIS
Consumer Health Coordinator
lydia@pitt.edu



What is your first name?

Think of just one word, phrase or image that relates to why you think it's so difficult to talk about mental health issues.

Mental Health in My Community

It's OK to talk about mental health.

Get help if you need it.

Help is available and effective.

If you know someone in need, help is available.

SAMHSA
Treatment Locator Hotline
1-877-SAMHSA7

SAMHSA
Treatment Locator
<http://www.samhsa.gov>

SAMHSA's
National Suicide Prevention Lifeline
1-800-273-TALK (8255)

Nearly **two-thirds** of the 45 million U.S. adults over 18 years old with any mental illness went without treatment.¹

The cost of treatment for mental health issues is **equivalent** to the cost of cancer care.⁷

Mental health issues result in an estimated **\$193 billion** in lost earnings.⁸

Nearly **1 out of 4** community hospital stays involved a mental or substance use disorder.⁹

Almost **21.6 million** persons over 12 years old in the U.S. needed treatment for a substance use problem.⁵

\$247 billion annual estimated cost of mental and emotional problems among young people.¹⁰

Genetics
biology
stress level
stressful events
income
social exclusion
faith
access to health resources
social support

Factors that influence mental health²

1/2 of adult mental health problems **begin before age 14.**³

3/4 of adult mental health problems **begin before age 24.**⁶

Supportive and meaningful relationships help build resilience and well-being.⁴

Suicide is the **3rd leading cause of death** for youth ages 15-24.¹¹

Find more information at
<http://www.MentalHealth.gov>
Click Here for Citations

Substance Abuse and Mental Health Services Administration
SAMHSA
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4737)

SMA-13-4725

[URL](http://www.MentalHealth.gov) for Mental Health in My Community Infographic (SAMHSA)

U.S. National Library of Medicine

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HealthDay

Mental Disorders Increasing for Younger Smokers

Psychiatric problems showing up in those who took up the habit from the 1980s onward, researchers find

By Robert Preidt
Thursday, January 28, 2016



THURSDAY, Jan. 28, 2016 (HealthDay News) -- Although fewer Americans are smoking, the rates of psychiatric disorders among those who do -- particularly more recent smokers -- are on the rise, a new study suggests.

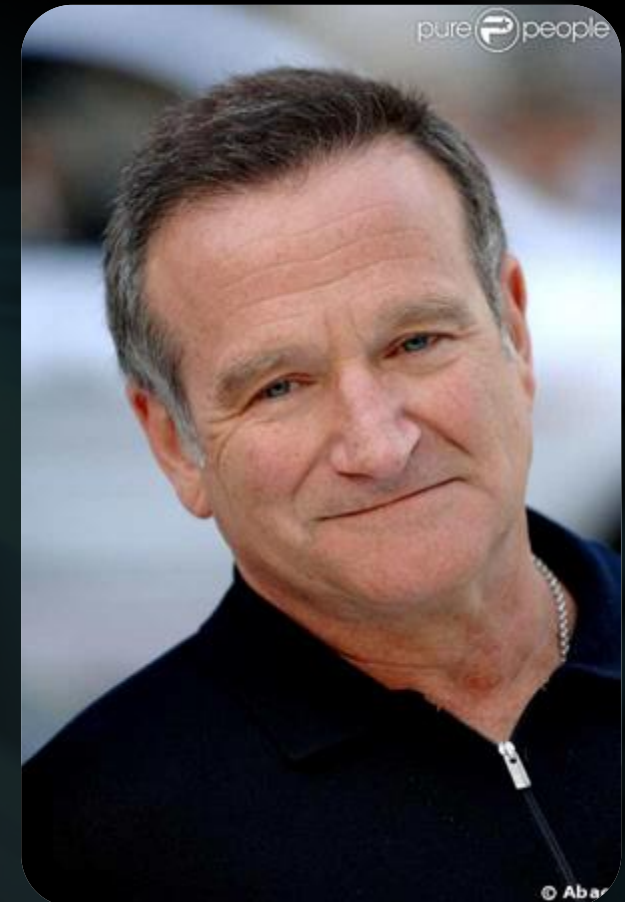
Researchers analyzed data from 25,000 people born in the 1940s, 1950s, 1960s, 1970s and 1980s and found that the national smoking rate has been falling since the 1960s. But the percentage of nicotine-dependent smokers has been rising.

The study also found that the risk of substance-use disorders increased among all smokers with each decade, whether or not they were nicotine-dependent.

But nicotine-dependent smokers who began smoking in the 1980s were more likely than older smokers to have psychiatric conditions such as attention-deficit hyperactivity disorder, bipolar disorder or antisocial personality disorder, according to the study. It was published Jan. 26 in the journal *Molecular Psychiatry*.

Related MedlinePlus Health Topics

- [Mental Disorders](#)
- [Smoking](#)
- [Smoking and Youth](#)



[URL](#) for Full Article (January 28, 2016)

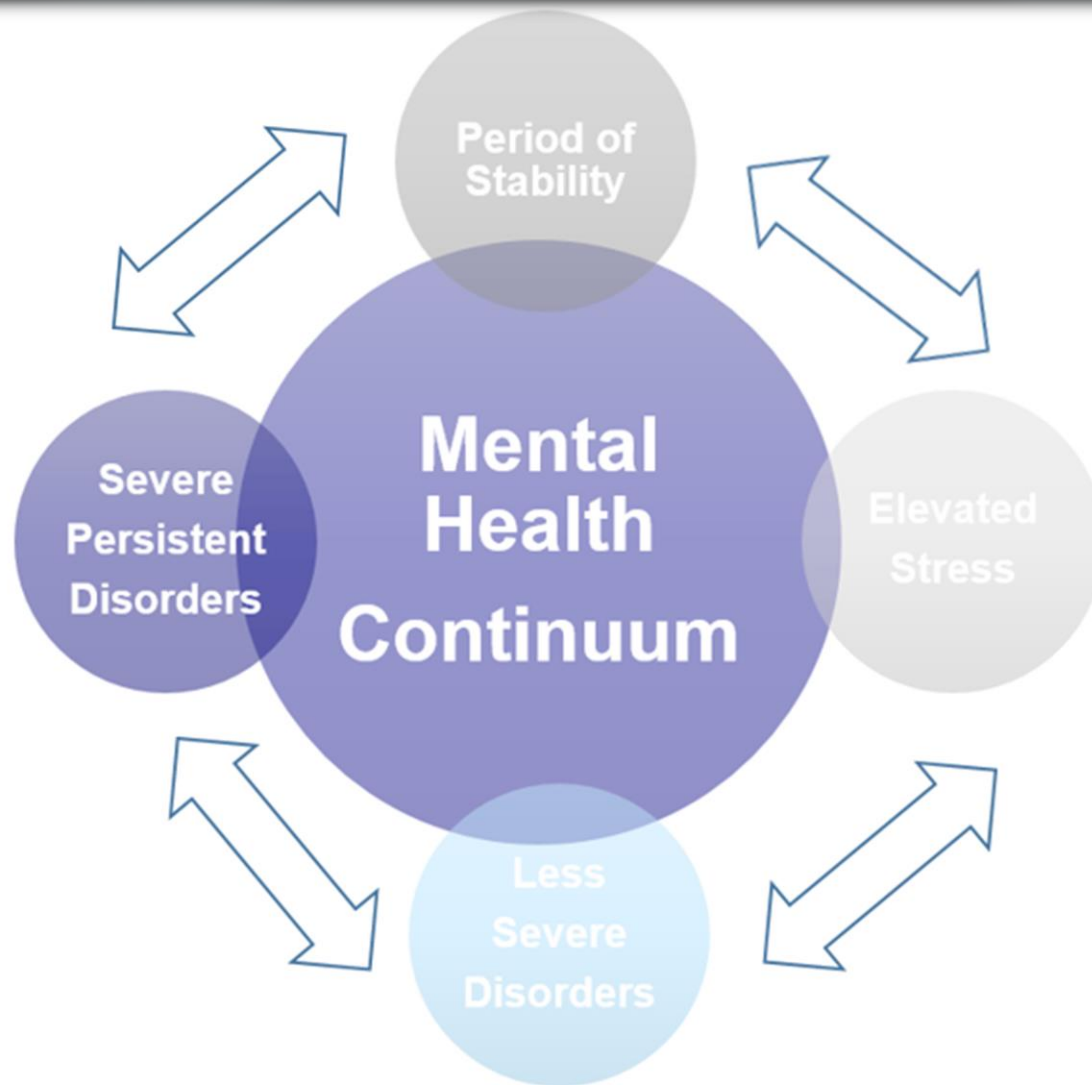
Stigma



- Misconceptions portrayed by news & media
- Inaccurate linking of mental illness and violent behavior
- Prompts subtle and overt prejudice, discrimination, fear, and stereotyping
- Results in avoidance to work, socialize, and live with persons with mental illness
- Impedes persons with mental illness to seek help

Sources: NAMI and Mental Health America

[URL](#) to Tom Cruise is Dangerous and Irresponsible Editorial



[URL](#) for Source: University of North Carolina, Greensboro,
Mental Health Literacy

Factors

- Physical
- Social
- Financial
- Environmental
- Sexual
- Spiritual
- Emotional
- Intellectual
- Occupational



[URL](#) for Image Source

What percentage of violent acts can be attributed to people with severe mental illness?

5%

20%


50%

[URL](#) for data source

People with severe mental illnesses are over 10 times more likely to be victims of violent crime than the general population.

“People with mental illness enrich our lives” [NAMI]

- Abraham Lincoln
- Virginia Woolf
- Ludwig van Beethoven
- Robert Schumann
- Leo Tolstoy
- Tennessee Williams
- Vincent Van Gogh
- Isaac Newton
- Ernest Hemingway
- Sylvia Plath
- Michelangelo
- Winston Churchill
- Vivian Lee
- Patty Duke
- Charles Dickens
- Diane Sawyer



Famous
Individuals

Mental Health Continuum

Activity

Resources You Can Trust



Health Topics

Drugs & Supplements

Videos & Tools

Español



Health Topics

Find information on health, wellness, disorders and conditions



Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



Medical Encyclopedia

Articles and images for diseases, symptoms, tests, treatments

Medical Dictionary from Merriam-Webster

Look up in Dictionary

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February is Low Vision Awareness month.

Find tips for preventing and managing vision loss.

1

2

3

4

▶

Today's Health News

[Sufficient Sleep, Exercise Linked to Lower Stroke Risk](#)

[Surgery, Stents Equally Effective for Opening Neck Arteries](#)

[Teething Makes Babies Cranky, But Not Sick](#)

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Mental Health

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Summary

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from [childhood](#) and [adolescence](#) through adulthood.

[Mental illnesses](#) are serious disorders which can affect your thinking, mood, and behavior. There are



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[Home](#) → [Health Topics](#) → [Mental Disorders](#)

Mental Disorders

Also called: Mental illness



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Summary

Mental disorders include a wide range of problems, including

- [Anxiety disorders](#), including [panic disorder](#), [obsessive-compulsive disorder](#), [post-traumatic stress disorder](#), and [phobias](#)

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Schizophrenia

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Summary

Schizophrenia is a serious brain illness. People who have it may hear voices that aren't there. They may think other people are trying to hurt them. Sometimes they don't make sense when they talk. The disorder makes it hard for them to keep a job or take care of themselves.

Symptoms of schizophrenia usually start between ages 16 and 30. Men often develop symptoms at a younger age than women. People usually do not get schizophrenia after age 45. There are three types of symptoms:

- Psychotic symptoms distort a person's thinking. These include hallucinations (hearing or seeing

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MEDICAL ENCYCLOPEDIA

[Hallucinations](#)

[URL](#) for Schizophrenia

[Home](#) → [Medical Encyclopedia](#) → Schizoaffective disorder

Schizoaffective disorder

Schizoaffective disorder is a mental condition that causes both a loss of contact with reality (**psychosis**) and mood problems (depression or mania).

Causes

The exact cause of schizoaffective disorder is unknown. Changes in genes and chemicals in the brain (neurotransmitters) may play a role.

Schizoaffective disorder is thought to be less common than [schizophrenia](#) and mood disorders. Women may have the condition more often than men. Schizoaffective disorder tends to be rare in children.

Symptoms

Symptoms of schizoaffective disorder are different in each person. Often, people with schizoaffective disorder seek treatment for problems with mood, daily function, or abnormal thoughts.

Psychosis and mood problems may occur at the same time or by themselves. The disorder may involve cycles of severe symptoms followed by improvement.

The symptoms of schizoaffective disorder can include:

- Changes in appetite and energy
- Disorganized speech that is not logical



Related MedlinePlus Health Topics

[Psychotic Disorders](#)[Schizophrenia](#)

Images



Schizoaffective disorder

[Home](#) → [Health Topics](#) → [Bipolar Disorder](#)

Bipolar Disorder

Also called: Manic-depressive illness

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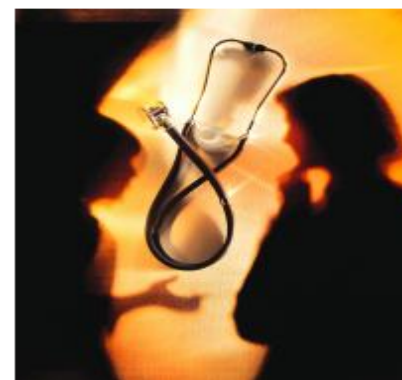
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Summary

Bipolar disorder is a serious mental illness. People who have it go through unusual mood changes. They go from very happy, "up," and active to very sad and hopeless, "down," and inactive, and then back again. They often have normal moods in between. The up feeling is called mania. The down feeling is [depression](#).

The causes of bipolar disorder aren't always clear. It runs in families. Abnormal brain structure and



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[URL](#) for Bipolar Disorder

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Alcoholism and Alcohol Abuse

Also called: Alcohol dependence

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[Alcohol use disorder](#)

[Alcohol withdrawal](#)

Summary

For most adults, moderate alcohol use is probably not harmful. However, about 18 million adult Americans have an alcohol use disorder. This means that their drinking causes distress and harm. It includes alcoholism and alcohol abuse.

Alcoholism, or alcohol dependence, is a disease that causes

[URL](#) for Alcoholism and Alcohol Abuse

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Drug Abuse

Also called: Substance abuse



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Summary

Drug abuse is a serious public health problem that affects almost every community and family in some way. Each year drug abuse causes millions of serious illnesses or injuries among Americans. Abused drugs include

MEDICAL ENCYCLOPEDIA

[Barbiturate intoxication and overdose](#)

[Diet and substance abuse recovery](#)

Caregivers

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Summary

Caregivers provide help to another person in need. The person receiving care may be an adult - often a parent or a spouse - or a child with special medical needs. Some caregivers are family members. Others are paid. They do many things:

- Shop for food and cook
- Clean the house
- Pay bills
- Give medicine

MEDICAL ENCYCLOPEDIA

[Bathing a patient in bed](#)[Moving a patient from bed to a wheelchair](#)

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Prescription Drug Abuse



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Summary

If you take a medicine in a way that is different from what the doctor prescribed, it is called prescription drug abuse. It could be

- Taking a medicine that was prescribed for someone else
- Taking a larger dose than you are supposed to
- Taking the medicine in a different way than you are supposed to. This might be crushing tablets and then snorting or injecting them

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[URL](#) for Prescription Drug Abuse

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Complementary and Integrative Medicine

Also called: CAM



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Summary

Many Americans use medical treatments that are not part of mainstream medicine. When you are using these types of care, it may be called complementary, integrative, or alternative medicine.

Complementary medicine is used together with mainstream medical care. An example is using [acupuncture](#) to help with side effects of cancer treatment. When health care providers and facilities offer both types of care, it is called integrative medicine. Alternative medicine is used instead of mainstream medical care.

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Featured comment - Feb 17

Evaluating methods: Author M Peabody posts Q&A on taxonomic classification from metagenomics analysis. 1.usa.gov/1JwxvUL


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Talking With Your Doctor

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Summary

How well you and your doctor communicate with each other is one of the most important parts of getting good health care. Being prepared can help make the most of your visit. Here are some things you can bring:

- Lists of your concerns, any allergies and all the medicines, herbs, or vitamins you take
- A description of symptoms - when they started, what makes them better
- A trusted friend or family member

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Evaluating Health Information

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Summary

Millions of consumers get health information from magazines, TV or the Internet. Some of the information is reliable and up to date; some is not. How can you tell the good from the bad?

First, consider the source. If you use the Web, look for an "about us" page. Check to see who runs the site: Is it a branch of the government, a university, a health organization, a hospital or a business? Focus on quality. Does the site have an editorial board? Is the information reviewed before it is posted? Be skeptical. Things that sound too good to be true often are. You want current, unbiased information based on [research](#).

NIH: National Library of Medicine



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Mental Health Information on MedlinePlus.gov

- Start with the health topics
- For basic information, you can use the medical encyclopedia
- Find providers and hospitals/facilities in the directories
- Find support groups in organizations section
- Learn more about drug information
- Learn about supplements



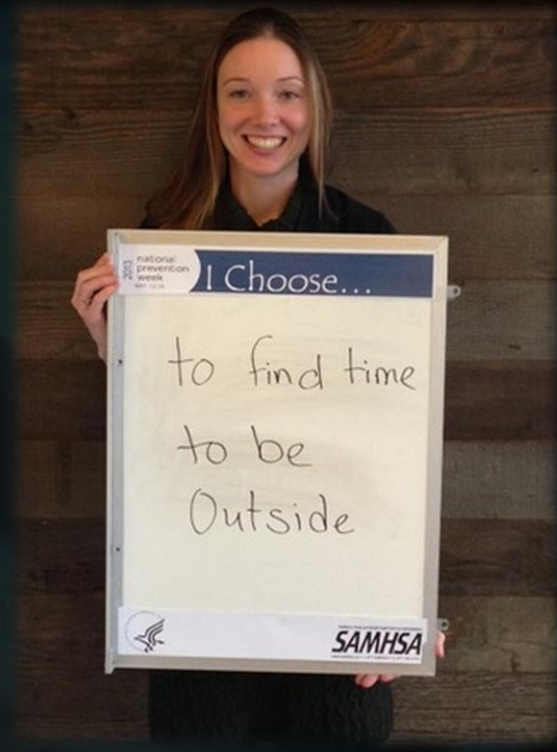
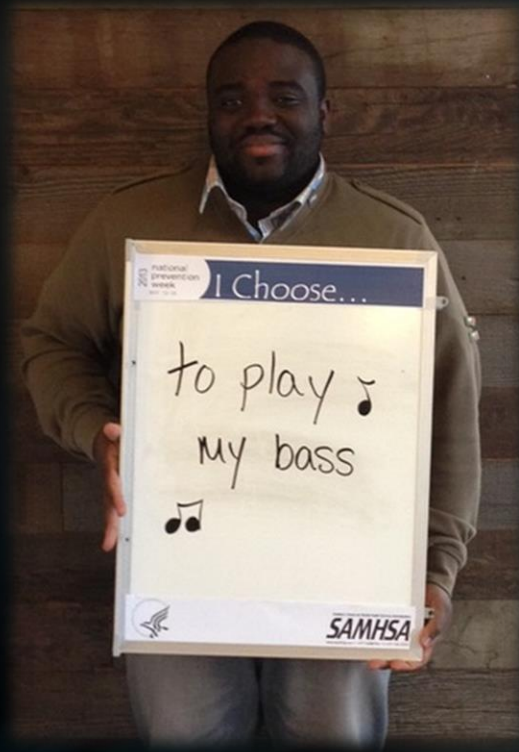
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Activity

Cultivating Your Mental Health

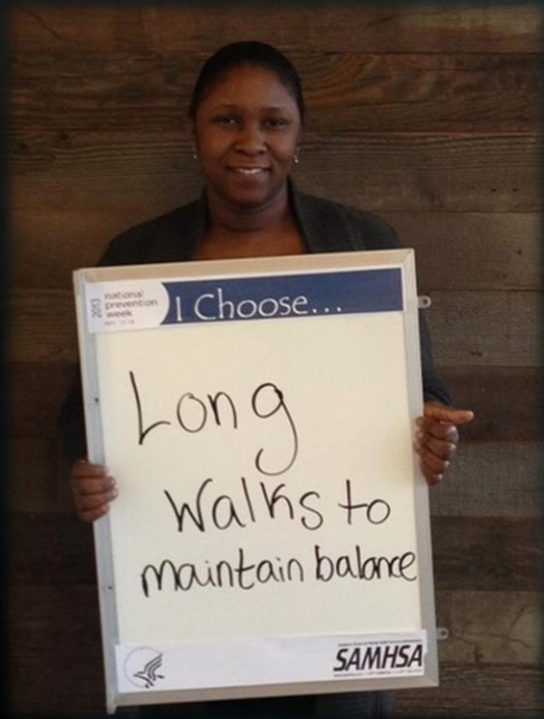


I Choose Project (SAMHSA)



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Tools

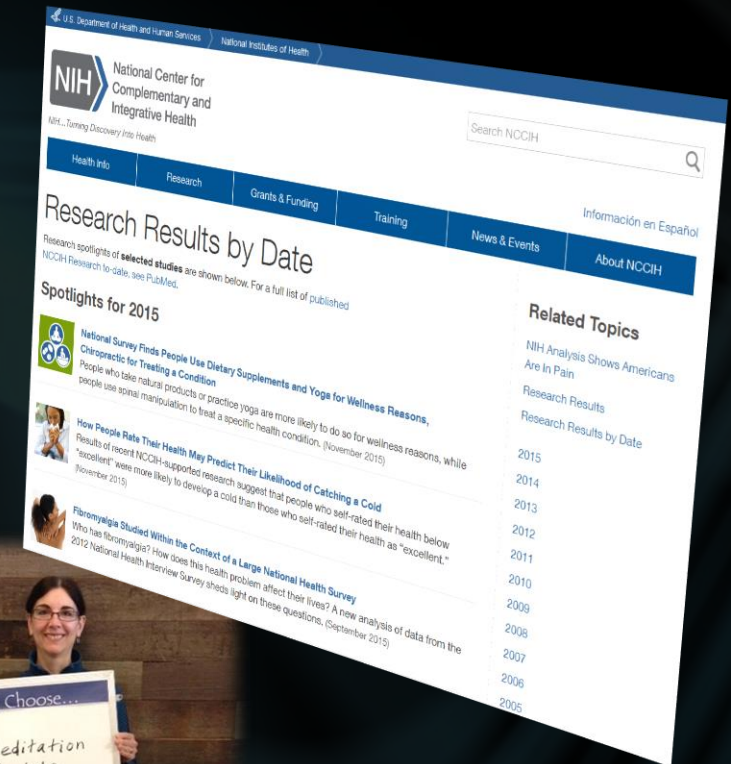
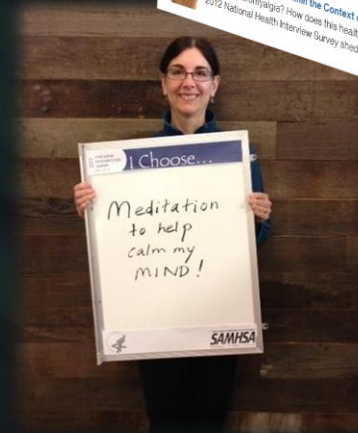


- Exercise & Nutrition
 - Building social supports
 - Reframing
 - Therapy
 - Simplifying
 - Gratitude
 - Medication
- What helps you?

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Alternative Treatment

- Yoga
- Meditation
- Mantrum instruction
- Supplements
- Acupuncture
- Deep breathing
- Massage
- Prayer
- Light therapy
- Reiki

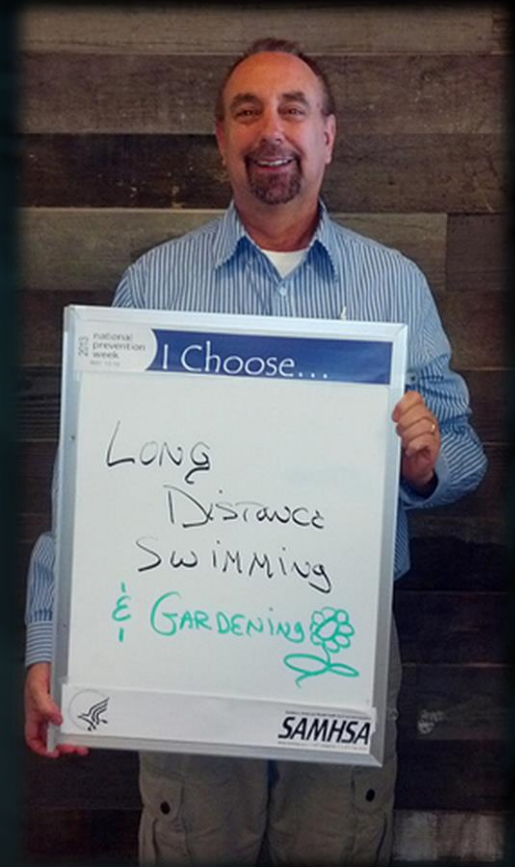


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Keeping Your Emotional Health

- Learn to express your feelings in healthy ways
- Think before you act
- Strive for balance in life
- Take care of your physical health

[URL](#) for Family Doctor



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Rethinking Happiness

Positive strategies to help us build resilience and lead fuller, happier lives

- Altruism
- Connecting with Others
- Creativity and Flow
- Happiness
- Forgiveness
- Humor
- Meditation
- Resilience



[URL](#) for This Emotional Life, PBS

Work / Life Balance

At work:

- Set manageable goals each day
- Be efficient with your time at work
- Ask for flexibility
- Take five
- Tune in
- Communicate effectively
- Give yourself a break

At home:

- Turn off you mobile
- Divide and conquer
- Don't over commit
- Get support
- Take advantage of the EAP
- Stay active
- Treat your body right
- Get help if you need it



What Do You Choose?

Activity



Support/Advocacy Organizations



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National Recovery Month 2015

Check out Recovery Month events to see how you can get involved and celebrate recovery with your community.

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JOIN THE VOICES FOR RECOVERY

visible, vocal, *valuable!*

[Find Help](#)



SAMHSA in the News



09/15/15

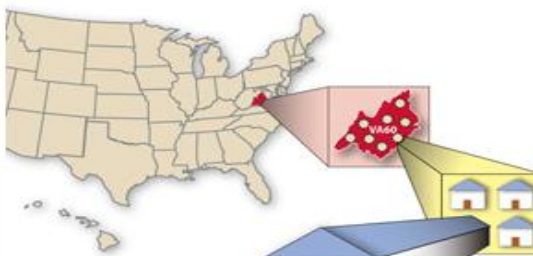
[Dr. Melinda Campopiano highlighted in BuzzFeed article on Medication-Assisted Treatment](#)
BuzzFeed



09/10/15

[2014 NSDUH data highlighted in U.S. World News and Report regarding decreasing trends of](#)

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[How We Talk about It Matters](#)

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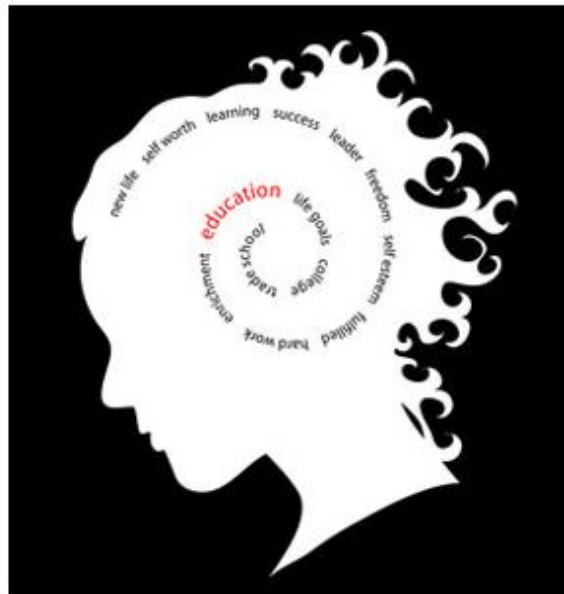
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HOW TO GET HELP

CONTACT US



Advocate



Educate



Serve

[URL](#) for Mental Health America and [URL](#) for Mental Health America of Westmoreland County



I'm the Evidence/Mental Health Campaign Launches New Website

Help promote awareness of mental health recovery and celebrate people in recovery and their supporters. Join the I'm the Evidence/Mental Health Campaign.

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Welcome to the MHAPA

The Mental Health Association in Pennsylvania which reflects the ethnic and cultural diversity of the Commonwealth, works on behalf of the mental health of its citizens, instilling principles that facilitate recovery and resiliency of individuals and their families, through advocacy, education, and public policy. [Read More »](#)



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Need help?

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Take Home Points

- Be proactive about the mental health of your loved one's AND your mental health
- Cultivate your knowledge of mental health resources
- Communicate with health care providers
- Keep the dialogue going in your community
- Make a plan for you and your family



Thank You!

Lydia N. Collins, MLIS

**National Network of Libraries of Medicine,
Middle Atlantic Region**

lydia@pitt.edu

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